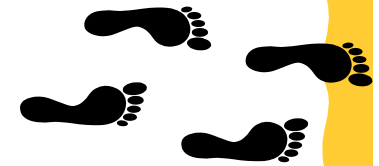


# Lorain County Walks...



## January 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: .....						1	2
Weekly Step Goal: .....	3	4	5	6	7	8	9
Weekly Step Goal: .....	10	11	12	13	14	15	16
Weekly Step Goal: .....	17	18	19	20	21	22	23
Weekly Step Goal: .....	24	25	26	27	28	29	30
Weekly Step Goal: .....	31						

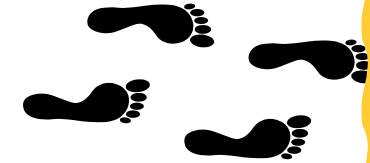
Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

# Lorain County Walks...



## February 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____		1	2	3	4	5	6
Weekly Step Goal: _____	7	8	9	10	11	12	13
Weekly Step Goal: _____	14	15	16	17	18	19	20
Weekly Step Goal: _____	21	22	23	24	25	26	27
Weekly Step Goal: _____	28						

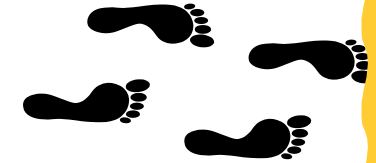
Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

# Lorain County Walks...



## March 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____		1	2	3	4	5	6
Weekly Step Goal: _____	7	8	9	10	11	12	13
Weekly Step Goal: _____	14	15	16	17	18	19	20
Weekly Step Goal: _____	21	22	23	24	25	26	27
Weekly Step Goal: _____	28	29	30	31			

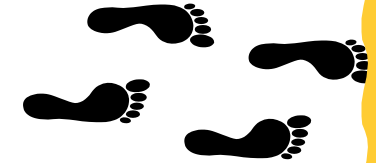
Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

# Lorain County Walks...



## April 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____					1	2	3
Weekly Step Goal: _____	4	5	6	7	8	9	10
Weekly Step Goal: _____	11	12	13	14	15	16	17
Weekly Step Goal: _____	18	19	20	21	22	23	24
Weekly Step Goal: _____	25	26	27	28	29	30	

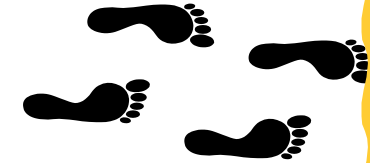
Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

# Lorain County Walks...



## May 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: .....							1
Weekly Step Goal: .....	2	3	4	5	6	7	8
Weekly Step Goal: .....	9	10	11	12	13	14	15
Weekly Step Goal: .....	16	17	18	19	20	21	22
Weekly Step Goal: .....	23	24	25	26	27	28	29
Weekly Step Goal: .....	30	31					

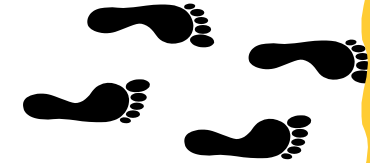
Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

# Lorain County Walks...



## June 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____			1	2	3	4	5
Weekly Step Goal: _____	6	7	8	9	10	11	12
Weekly Step Goal: _____	13	14	15	16	17	18	19
Weekly Step Goal: _____	20	21	22	23	24	25	26
Weekly Step Goal: _____	27	28	29	30			

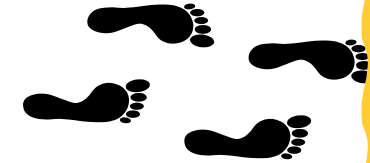
Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

# Lorain County Walks...



## July 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: .....					1	2	3
Weekly Step Goal: .....	4	5	6	7	8	9	10
Weekly Step Goal: .....	11	12	13	14	15	16	17
Weekly Step Goal: .....	18	19	20	21	22	23	24
Weekly Step Goal: .....	25	26	27	28	29	30	31

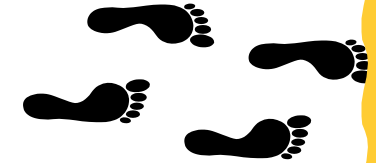
Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

# Lorain County Walks...



## August 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: .....	1	2	3	4	5	6	7
Weekly Step Goal: .....	8	9	10	11	12	13	14
Weekly Step Goal: .....	15	16	17	18	19	20	21
Weekly Step Goal: .....	22	23	24	25	26	27	28
Weekly Step Goal: .....	29	30	31				

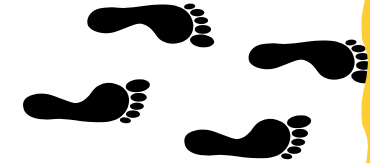
Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

# Lorain County Walks...



## September 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: .....				1	2	3	4
Weekly Step Goal: .....	5	6	7	8	9	10	11
Weekly Step Goal: .....	12	13	14	15	16	17	18
Weekly Step Goal: .....	19	20	21	22	23	24	25
Weekly Step Goal: .....	26	27	28	29	30		

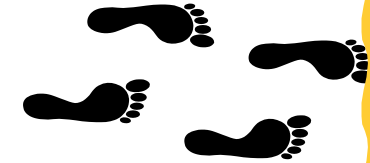
Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

# Lorain County Walks...



## October 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1	2
Weekly Step Goal: _____	3	4	5	6	7	8	9
Weekly Step Goal: _____	10	11	12	13	14	15	16
Weekly Step Goal: _____	17	18	19	20	21	22	23
Weekly Step Goal: _____	24	25	26	27	28	29	30
Weekly Step Goal: _____	31						

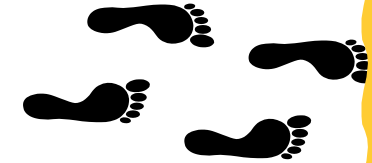
Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

# Lorain County Walks...



## November 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal:-----		1	2	3	4	5	6
Weekly Step Goal:-----	7	8	9	10	11	12	13
Weekly Step Goal:-----	14	15	16	17	18	19	20
Weekly Step Goal:-----	21	22	23	24	25	26	27
Weekly Step Goal:-----	28	29	30				

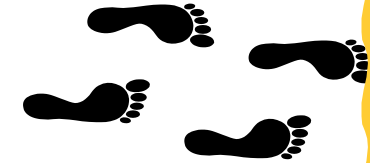
Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

# Lorain County Walks...



## December 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: .....				1	2	3	4
Weekly Step Goal: .....	5	6	7	8	9	10	11
Weekly Step Goal: .....	12	13	14	15	16	17	18
Weekly Step Goal: .....	19	20	21	22	23	24	25
Weekly Step Goal: .....	26	27	28	29	30	31	

Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.